

# Tribal Detox



INTENTIONAL KAMBO  
PREPARATION PACKET

# Aloha Powerful Warrior

Mahalo for listening to the call of Kambo, and for trusting me on this journey. I am honored and vow to hold a safe and sacred space for your process, and for the fullness of your experience for the deepest healing and transformation to become possible. From the moment you chose to sit with this sacred medicine, the healing has already begun.



This packet contains extremely important protocols that are mandatory to follow. This will ensure a safe, effective and transformational journey. I kindly ask that you read through this entire packet carefully, and follow the instructions completely. If you may have any questions at all, please don't hesitate to connect with me.

# Kambo Preparation

- \*IT IS MANDATORY YOU REFRAIN FROM EATING OR DRINKING ANYTHING FOR A MINIMUM OF 10-12 HOURS BEFORE THE START OF CEREMONY\*  
(A few sips of water in the morning when you wake up is okay, but no more)
- Please Arrive SOBER, Free from Alcohol & Drugs for 24 Hours Before and After, and Free from any other Medications, or Prescriptions the morning of Ceremony.  
(Please reach out if there is any questions or concerns.)
- Please do not fast longer than 18 hours 7 days before and after Kambo, This includes Juice Fasts. Participant's should have normal eating pattern leading up to Kambo. Focusing on nourishing foods, and adding in Electrolytes and Minerals.  
Coconut water is great to add leading and following Kambo.
- Sweat Lodges, Saunas, Colonics, Enemas, Liver Flushes, or any Water Based Detoxes should be avoided 3 days before and after Kambo.
- If you have received this Packet, then you have already signed the waiver. I do recommend going over the Waiver again, to ensure you are free from any of the contraindicated substances and conditions. For some can be extremely dangerous, and we are here to ensure full safety within this process. It is important to discuss all current health concerns and medications prior to your Kambo treatment. Any failure to do so could result in serious complications during or after your session. If your health changes prior to our time together please connect with me right away to determine whether or not you are still able to sit with the medicine.



# What To Bring.

- **An Intention For This Journey**

I encourage taking time to get clear on why you're sitting with Kambo. Contemplate what you are ready to release, and what you are calling in. This can be physical, energetic, emotional, spiritual, or all of the above. Trust your inner guidance. This can be an extremely helpful tool in staying focused and grounded during Ceremony.

- **Re-Usable Water Bottle**

We will be providing the Mineral Water necessary for Ceremony.

- **Optional: Fruit, Light Snacks, & Electrolytes you prefer for After Ceremony**

(We will also be providing Coconut Water and some Fruit)

- **Personal Blanket, Pillow & Yoga Mat**

(We will also have these items if you don't have)

- **Layered, Loose Fitting Clothing & A Change of Clothes**

(Be prepared to either be Hot or Cold during Ceremony. Having a Sweater, Socks, Pants, as well as under clothing that are cooler such as shorts and tank top. Make sure all clothing is Loose, so it doesn't restrict circulation.)

- **Journal, Pen, & Any Medicine Items you like to work with**

(This is optional, and can include Crystals, Cards, or anything else that supports your process.)



# During Ceremony

Meditating, focusing on your breath, and focusing on your intention are techniques that can be very helpful during a Kambo ceremony. As we Inhale, we can invite the healing powers, the wisdom and the spirit of Kambo in. As we exhale, we can surrender our thoughts, expectations, and what we've been holding onto. It is important to remember that we each have unique processes, and to allow space for ourselves and others to cry, to purge and to release. This is a safe container to process, to let go, and to expand into our hearts and unique emotional expressions. This is your journey and your time to focus on your healing. Many of you are space holders, healers, and pillars of light in the lives of those around you. Allow yourself this time for yourself, to be held and taken care of. To trust that you are exactly where you are meant to be, experiencing exactly what is necessary to align with your highest truth.



## Mahalo Nui Loa, Thank You

I'm deeply honored and humbled to share this sacred experience together, and look forward to sharing space. If you need anything at all, or have any questions about anything, please connect with me and i'll be happy to be of service.

*With Love & Aloha ,  
Mady & Matty*



# Kambo's Healing Properties.

Kambo, *Phyllomedusa Bicolor*, Two colored Gaurdian of the Leaf, Jungle Vaccine, or Giant Monkey Frog, has been considered an 'ancestral medicine' by indigenous tribes for over 2000 years, implemented for ritual, medicinal, and recreational use, and resides in the Amazon Basin as well as other surrounding areas. The gelatinous secretions produced by the skin glands contain a large number of highly concentrated biologically activated compounds. Kambo is administered through small blister points on the skin, immediately triggering a variety of beneficial chemical reactions in the human body. Kambo has the ability, unlike many other natural and pharmaceutical substances, to cross the blood-brain barrier and produce its effects also at the level of the brain. Human cells open themselves to the beneticial properties of Kambo unlike many substances that are filtered and eliminated by the body's highly intelligent defence system. In this chemical cocktail, we find peptides that perform hormone-like tasks, while others provide support for vital cellular processes (learning, memory, metabolism of certain neurotransmitters). Others have a potent effect on the gastrointestinal muscles, gastric and pancreatic secretions, blood circulation and stimulation of the adrenal cortex and pituitary gland and reproductive system, others possess potent analgesic powers. Others are able to inhibit the growth of tumour cells, and antimicrobial, antifungal, antiviral and antiprotozoal peptides are also found. The latter property opens a new door in the fight against bacterial infections that have developed resistance to antibiotics that already exist in the market, using these to apply nanotechnologies to these modern biopeptides. Many of these biopeptides have aroused a great deal of scientific interest, many have been successfully synthesized in the laboratory and patented, however, haven't been used in Clinical Practice. Although not clinically proven, it has been known to help with a wide variety of conditions that arise due to Peptide Dysregulation, in which the peptides in our body function at a lower than optimal level. Kambo's Bioactive Peptides allow our entire system to become enhanced, and come back online. This can potentially help with conditions such as: *Chronic Fatigue, Addiction, Depression, Anxiety, Chronic Pain, Cognitive Loss Diseases such as Alzheimers and Parkinson's, Diabetes, Infertility, Digestive Issues, Migraines, Sleep Problems, Vascular Conditions, Certain types of Cancer, Tumor Growth, Auto-Immune Diseases, Hepatitis, Rheumatism, Pancreatic Dysfunction, Inflammation, Bacterial, Fungal, Protozoal, Yeast, And Viral Infections.*

*Information provided from Research Carried out by Pharmacist Rosa Sanchis*

